

A full-page background image of a man in black swim trunks diving into a swimming pool. The man is in mid-air, with his arms extended forward and legs trailing behind. Water droplets are visible around his hands. In the background, there is a clear blue sky, some green trees, and a white structure that looks like a pool fence or part of a building. The bottom of the image features a pattern of blue and white tropical leaves.

S P R I N G

Play It
Safe

B R E A K



SPRING BREAK - PLAY IT SAFE

Ahh Spring Break! For most college students, spring break serves as a welcome relief to the rigors of academic life. You can relax, strengthen friendships, and have fun. While some students choose to go home or on university-sponsored trips, others prefer to head for the beaches of Mexico, the Caribbean and the United States.

If you are planning to go to these or other destinations, play it safe. All too often, students get themselves hurt or killed in an attempt to live out the stereotype of the spring breaker who parties hard and drinks abundantly.

The National Institute of Alcohol Abuse and Alcoholism estimates that alcohol is responsible for killing 1,800 college students per year. In addition, alcohol also plays a significant role in the following:

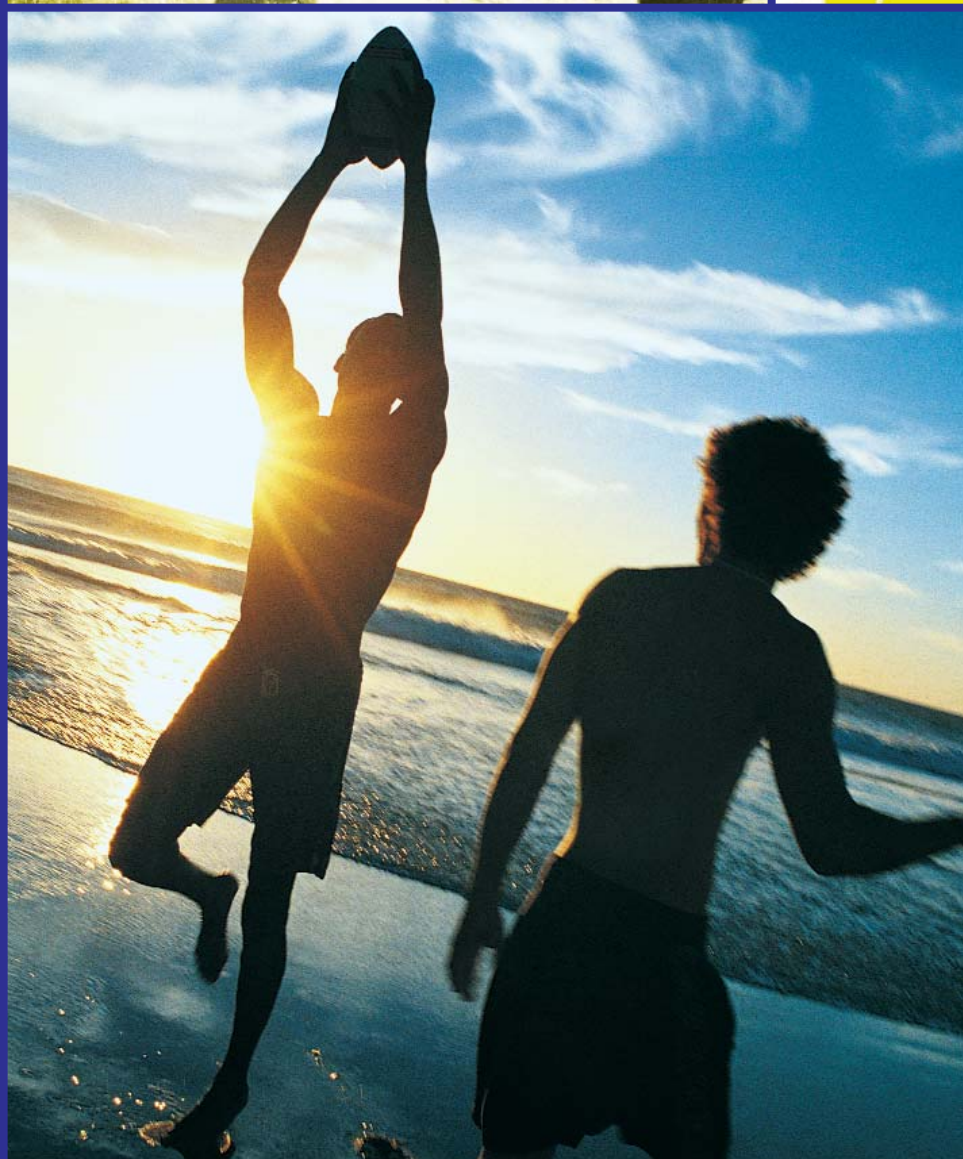
- 696,000 assaults
- 97,000 sexual assaults
- 150,000 alcohol-related health problems such as alcohol poisoning and depression.

You do not need to drink alcohol, smoke cigarettes or do drugs to have a good time. Don't allow anyone to pressure you into participating in activities that make you feel uncomfortable.



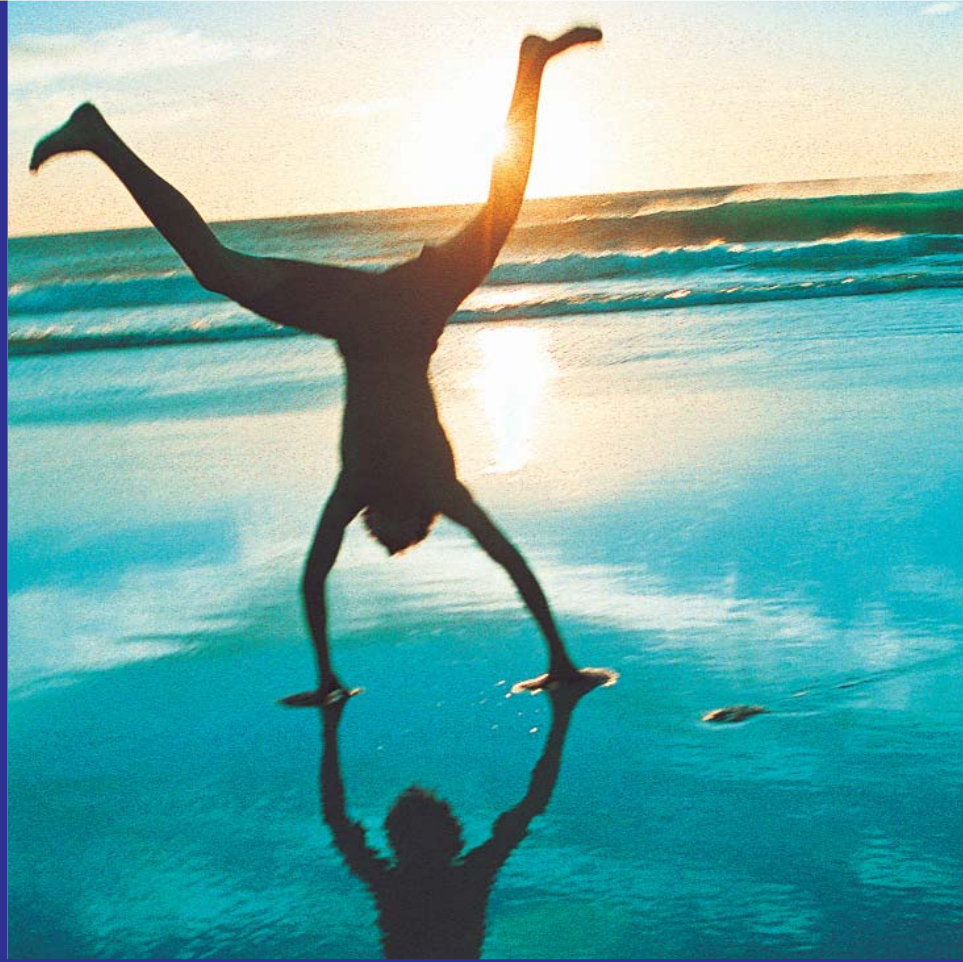
SAFETY TIPS FOR EVERYONE

1. Always research the city or country where you plan to visit for spring break. Know the laws and customs of the community and know what you plan to do while you are there.
2. If you are going out of the country, visit the U.S. Department of State's Bureau of Consular Affairs website at www.travel.state.gov. The website issues travel advisories and tips for students going abroad.
3. If you use a travel agency, make sure the agency adheres to the code of ethics as determined by the American Society of Travel Agents. (Visit www.asta.org for more details.) Never use a travel agency that advertises free or reduced-rate alcohol as a selling point for its spring break vacations.
4. Always provide your relatives or friends back home with information on where and how to contact you.
5. When driving to your destination, always wear a seatbelt. Respect the speed limit and do not drive while impaired.
6. Respect the alcohol and drug laws of the community. In the United States, it is illegal for anyone under 21 years of age to purchase, possess or drink alcohol.
7. If you go out to a bar, club or restaurant, go with a buddy or with a group of friends you can trust. Make sure you leave with your friends. Don't go home with anyone you do not know and trust.
8. Keep an eye on your beverage at all times. Someone may try to put drugs in your drink.
9. Do not accept rides from anyone who has drunk too much alcohol or has engaged in drug use.
10. Always have money available for public transportation or a taxicab. When outside of the country, be careful about the taxicab you use.
11. Keep an emergency/safety kit on hand. That kit should contain items such as ibuprofen, acetaminophen, band-aids, disinfectants, cold compress, protection against STDs and a sun block of SPF 15 or higher.



IF YOU ARE 21 YEARS OF AGE OR OLDER

1. If you choose to drink alcohol, always eat high protein foods such as cheese and meats. High-protein foods stay in the stomach longer and slow down the absorption of alcohol in the bloodstream. Drinking on an empty stomach will cause the blood alcohol concentration to rise faster. The higher your blood alcohol concentration (BAC), the higher your chance of alcohol poisoning and death.
2. Do not boat, raft, skydive, swim or engage in any sports immediately after drinking alcohol. You may be more prone to accidents. If you are on a boat or raft, make sure you wear a personal flotation device.
3. Beware of drinking alcohol if you are taking over-the-counter drugs or prescriptions such as ibuprofen, acetaminophen or medicine used to treat depression, diabetes or bacterial infections.
4. If you choose to go to a nightclub or restaurant with friends, always make sure that the designated driver does not drink alcohol. You do not have to be drunk to be impaired. Driving skills and abilities are impaired in most people long before they exhibit signs of drunkenness.
5. Do not engage in binge drinking. By the time your BAC level reaches .08 percent, your motor skills and speech are compromised, sight and hearing are reduced, and your ability to respond to sexual situations is impaired.
6. If you consume too much alcohol, only time—not a cold shower, exercise or coffee—will sober you up. The liver metabolizes alcohol at an average of only one drink per hour (12 oz beer, 5 oz wine, 1.5 oz distilled spirits).
7. Do not go to restaurants, bars or clubs where servers provide alcohol to customers who are obviously drunk or where servers encourage patrons to participate in drinking contests. This increases the likelihood of being victimized verbally or physically.
8. Do not drink alcohol in remote areas, where help may be difficult to find. Do not drink alcohol on balconies, roofs, cliffs or open windows. There have been reported cases of inebriated students who have fallen to their deaths.



KNOW THE DRUG/ALCOHOL LAWS

Did you know that the U.S. Department of State estimates that every year 2,500 Americans are arrested abroad? Over half are arrested on drug and alcohol possession or use.

In Mexico, someone convicted of possessing drugs can be fined and required to serve up to 25 years in prison. Contrary to popular belief, Mexican authorities do arrest people for public drunkenness. In Trinidad and Tobago, someone convicted of importing or exporting drugs can serve up to 15 years in jail with no possibility of parole. In Jamaica, someone caught possessing, selling or using drugs can serve at least six months in prison.

VIRGINIA'S ALCOHOL LAWS

The Commonwealth of Virginia defines the legal limit for driving while intoxicated at a BAC of .08 percent for those 21 years of age or older and .02 percent for those under 21 years of age. If convicted, violators of the above can face fines, lose driving privileges and/or face various jail times according to prior convictions and the BAC measured at the time. Convictions of three or more DUIs will result in a Class 6 felony.

Virginia's Zero Tolerance Law makes driving under the influence of any amount of alcohol a serious criminal offense for drivers under the age of 21.



www.abc.virginia.gov